

# Red, Gold, Black, and Green Chili

With its variety of flavors and colors, we think this is one good-tasting, good-looking chili. Serve with warmed tortillas and crudites. This recipe is from *Moosewood Restaurant Cooks at Home* by the *Moosewood Collective*. 4 to 6 servings.

1/2 cup bulghur  
1/2 cup hot water  
3 cups (28 oz) undrained canned tomatoes  
3 tbsp. olive or vegetable oil  
3 cups chopped onions  
3 cloves garlic, minced or pressed  
1 tsp. ground cumin  
1 tsp. chili powder  
1 tbsp. Tabasco or 1/4 tsp. cayenne  
2 green bell peppers, chopped  
2 cups fresh or frozen cut corn  
1 1/2 cups drained cooked black beans (14 oz)  
1 1/2 cups drained cooked red kidney beans (14 oz)  
salt to taste  
**OPTIONAL:**  
grated cheddar or Monterey jack cheese  
chopped fresh cilantro

- 1) Place bulghur, hot water, and cup of juice from tomatoes in small saucepan. Cover and boil on high heat, then lower heat and simmer gently.
- 2) While bulghur cooks, heat olive oil in large saucepan. Saute onions, garlic, cumin, chili powder, and Tabasco or cayenne. When onions are soft, stir in bell peppers and saute for 2 to minutes more. Chop the tomatoes right in the can and add to pan. Stir in corn and beans, and heat thoroughly on low heat. Taste bulghur and when cooked, but still chewy, add to pan of liquid. Cover and simmer for few minutes so flavors meld. Add salt to taste.
- 3) Serve plain or topped with grated cheese and fresh cilantro.

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- 3) Serve plain or topped with grated cheese and fresh cilantro.

# Shopping List

Red, Gold, Black, and Green Chili

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
bulghur	1/2 cup	_____
hot water	1/2 cup	_____
canned tomatoes	3 cups (28 oz)	_____
olive or vegetable oil	3 tbsp.	_____
onions	3 cups	_____
garilc	3 cloves	_____
ground cumin	1 tsp.	_____
chili powder	1 tsp.	_____
Tabasco or cayenne	1 tbsp.	_____
green bell peppers	2	_____
corn	2 cups	_____
cooked black beans	1 1/2 cups (14 oz)	_____
cooked red kidney beans	1 1/2 cups (14 oz)	_____
salt to taste		_____
OPTIONAL:		
grated cheddar or Monterey jack cheese		_____
chopped fresh cilantro		_____

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OPTIONAL:		
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chopped fresh cilantro		_____